



# ZIPPY THE SNAIL

& EVERYDAY HELPERS



Story by Zahra Khalfan

Illustrated by Lisa Marie Lyckland

## ABOUT NYS-AIMH

The New York State Association for Infant Mental Health (NYS- AIMH), founded in April of 2015 is a professional organization and home for specialists across disciplines whose work is relationship-based and supports the developmental and emotional well-being of infants, toddlers, preschoolers and their parents. Members may include social workers, psychologists, early childhood educators, childcare providers, nurses, speech and language pathologists, occupational therapists, physical therapists, administrators, legislators, child welfare professionals, judges, pediatricians, home visitors...yet this is not an exhaustive list. Our goals are to: support and promote the creation and development of Infant Mental Health multidisciplinary specialists, increase public awareness of the needs of babies within a relational context and create inclusive collaborations with statewide stakeholders to advance policies based on the latest science of infant and early childhood development that promote optimal development for infants, toddlers, preschoolers and their families throughout New York State.

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## PROJECT BRIGHT LIGHTS

The darkness of these past years have taken its toll on the young children and their families who we serve, as well as on all of us as humans. In 2021, NYS-AIMH launched PROJECT: BRIGHT LIGHTS, a recognition program to honor those making a difference in the lives of young children.

This program celebrates the efforts of the light makers—the people who are making a difference in the lives of young children, regarding their mental or physical health, self-esteem or overall care and well-being. There was no cost to nominate a Bright Light, nor a limit to how many Bright Lights a single person could nominate. It might be a NICU nurse, doula, Early Intervention provider, teacher, grandparent, child care staff, home visitor, or anyone who deserves to be honored for their efforts to bring more peace, hope and joy into a young child's life.

The full tributes are published on the program website [www.nysaimh.org/nominate-a-bright-light](http://www.nysaimh.org/nominate-a-bright-light) and are an amazing collection of devotion and brightness. The theme words of this coloring book are found in these tributes as examples of the many inspiring ways the nominees made a difference in the lives of young children.

## LEARNING WITH LOVE | Pressure Free Coloring

Children learn the most through their relationships and experiences with their families. When you are able to have fun moments together, such as putting a crayon to paper there is much for your child to explore. The simple act of sitting with your young child and letting them safely use crayons has many gifts. For instance, learning how to hold a crayon and having it make a mark on paper mixed with time spent together is invaluable. Blank paper and crayons allow children to experiment with these holds, which usually start off with a full fist grasp and learning the cause and effect of making little marks on the paper.

There is a natural progression of how children grasp crayons and make marks that will one day when they are older, such as 5 years old, lead to making letters and drawing pictures. Coloring in the lines of a coloring book is also a skill that develops over time. Think of your time with a coloring book as an activity that can be done together, make it a pressure free situation and have fun. When using coloring books with your child, please let them have as much choice and control as possible. Let them choose the crayon colors, even if they do not make sense with the picture and do not worry about them coloring in the lines.

Keep in mind that giving children freedom in what they are doing with their art, provides even more benefits than following directions with a project. When children have a thought, are able to act on it and then make it happen, their brains grow a great deal! Learning and growing happens through fun and stress-free situations, so please enjoy the process of making marks on paper together. It's magic.

Sarah Gould-Houde

M.S.Ed., NYS T-TAP Early Childhood Education Trainer & Coach

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# ZIPPY EL CARACOL

... salio a jugar y a ver  
que podia ver hoy ...



# ZIPPY THE SNAIL

... went out to play to see  
what he could see today ...





Vio basura tirada en la calle y luego los niños salieron y se juntaron. Recogieron toda la basura que dejo la tormenta. Ellos saben que una calle sucia no esta bien!

**TRABAJO EN EQUIPO**



He saw garbage on the street then the kids came out to meet. They picked up the garbage from the storm, they knew a messy street was not the norm!

TEAMWORK





El vio a alguien recibiendo un reconocimiento. Por ser un ayudante, el recivio una recompensa!


ORGULLO





He saw someone receiving an award, for being a helper, he got a reward!

PROUD



El vio a una ancianita cruzando la calle. Con sus bolsas de comida a punto de caerse. Ay no: el penso, pero justo a tiempo. Alguien lleo y la comida y las ancianita estan bien!

## SOPORTE





He saw an old lady crossing the road with her grocery bags about to overflow! Oh no; he thought, but just in time someone showed up and the groceries and lady were fine!

### SUPPORT





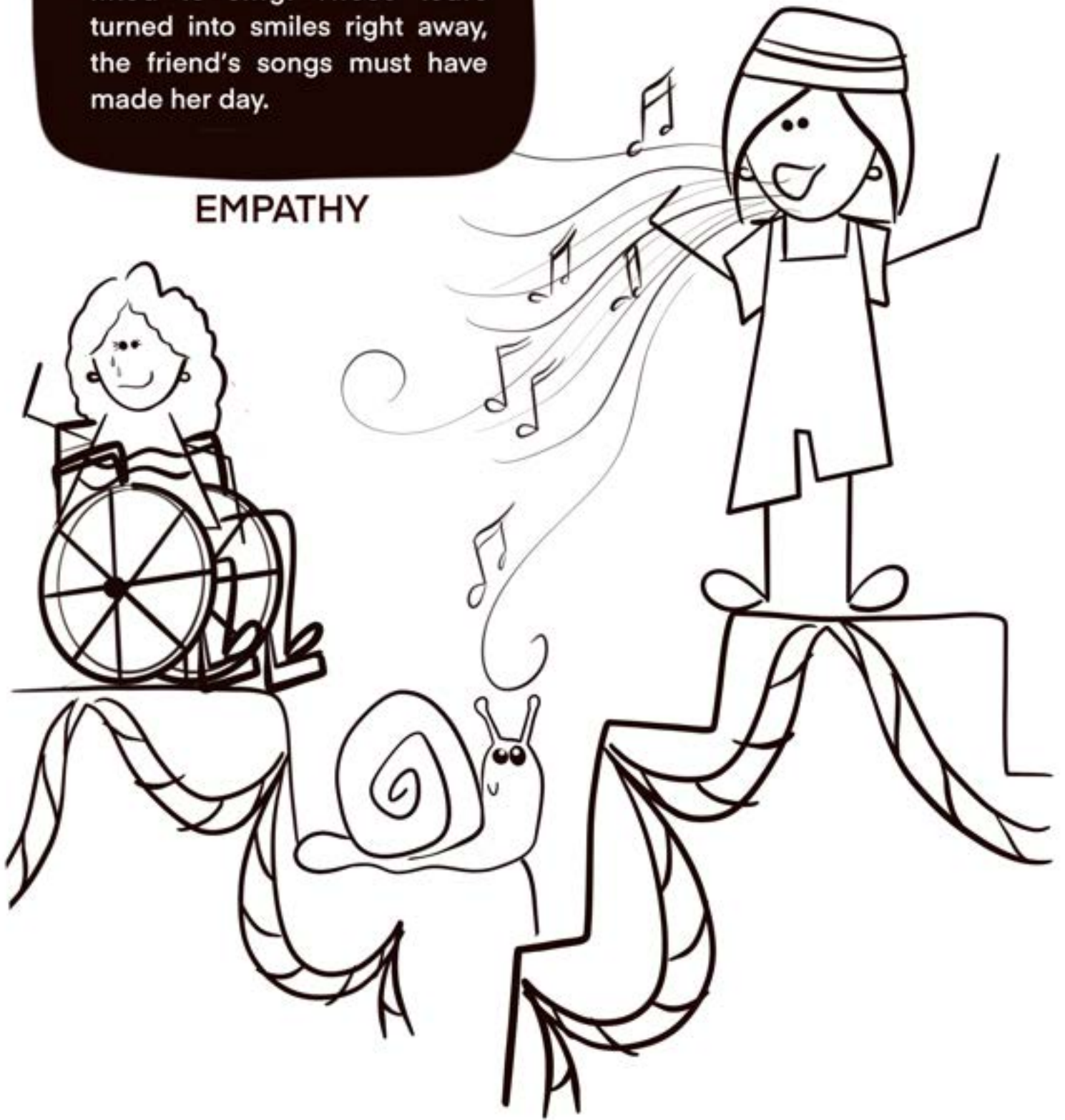
El vio a una niña llorando,  
pero ella tenia a un amigo  
al que le gusta cantar. Y  
esas lagrimas se  
convirtieron en sonrisas en  
un instante. La cancion de  
su amigo le ha de haber  
cambiado su animo!

## GENTILESA



He saw a sad girl with tears so big, but she had a friend who liked to sing. Those tears turned into smiles right away, the friend's songs must have made her day.

## EMPATHY





Derepente empezo a llover fuertisimo! Un pequenito que solamente tenia 4, vio a su amigo que se estaba mojando. El saco su paraguas sin ninguna preocupacion.

COMPARTIR





Suddenly it started to pour! A little boy who was only 4, saw another friend getting wet. He pulled out his umbrella without a fret!

SHARE



Zippy continuo en su caminata y que cres que encontro? Pastel, globos y velitas en montones! Los niños estaban divirtiendose tanto, no querian que la diversion del dia terminara!

FELICIDAD





Zippy continued on his stroll and what did he find? Cake, balloons and candles galore! The kids were having so much fun, they didn't want the day to be done!

JOY





Este si que era un dia divertido, Zippy continuo caminando y empezo a leer! Una Manzana al dia te mantiene saludable todos los dias! Comida saludable y ejercicio estan aqui por tu bien para que estemos grandes y fuertes todos los dias!

## SALUD



A fun day it was indeed, Zippy continued on and then began to read! "An apple a day, keeps the doctor away!" Healthy food and exercise were here to stay, to keep us big and strong every day!

## HEALTHY





Llego la hora en que el chofer del camion lleva a todos los niños a sus casas. Zippy observo mientras el maneja por la calle, mirando a la derecha e izquierda mientras cruzaba con cuidado!

## SEGURIDAD





It was the time of day when the bus driver took the kids home. Zippy watched as he drove on the street, looking left and right as he crossed, so neat!

SAFE



Durante su caminata el se dio cuenta que siempre hay gente dispuesta a ayudar y solo tienes que mirar a tu alrededor y los encontraras!



ZIPPPY EL CARACOL

Through his stroll he realized  
that helpers are always  
around; you just need to  
watch and they can be found!



ZIPPY THE SNAIL





## ABOUT THE AUTHOR

Zahra Khalfan, is the Endorsement® Coordinator for the New York State Association for Infant Mental Health. Zahra has been with the organization since May of 2016 and was an instrumental part of developing the membership structure and Endorsement ® implementation here in New York. Zahra's educational background is in Clinical Psychology and she currently practices Child and Adolescent Psychotherapy in Toronto, Canada. Prior to her work with the New York State Association for Infant Mental Health, Zahra was a disaster case manager for individuals and families who were affected by Hurricane Sandy in Long Island, NY. Zahra is a mom of four boys who are her motivation and inspiration for all she does. Zippy's character was inspired by the curiosity of a developing mind and the ability to find helper's in all situations! Zahra enjoys using creative mediums to help explore, wonder and understand children and she hopes Zippy's story will be one that will engage those who read it!

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## ABOUT THE ILLUSTRATOR

Lisa Marie Lyckland is a Rhode Island-based illustrator by way of Long Island and Brooklyn, NY. After years of creating and fostering her craft, she traded the subways and skylines of Brooklyn Heights for the sand and sea of the Salt Water State. In the fall of 2017, she started Fleetwood Studio, a new project to celebrate a new chapter in her life. She specializes in all forms of traditional and digital art, from portrait and still life, to wedding invitations and personalized stationery. The union of diverse influences and mediums, blending modern city style with beach town energy, yields work that is both unique and diverse. Traditional, with a modern flare. Minimal, yet detailed. Swaths of black and white, sharp lines, with pops and flourishes of color. Friends and strangers have sought out Lisa Marie's work, with clients reaching out from coast to coast, commissioning gifts for loved ones, portraits for their homes, and stationery for their most special occasions. Lisa Marie is not only an artist, but also a wife, and new mother to her first born daughter, Isla Shea and newest baby girl Violet Ann. Fleetwood Studio's mission statement is simple, yet genuine: to create illustration for everyday.  
[www.fleetwood.studio](http://www.fleetwood.studio) | [@fleetwoodstudio](https://www.instagram.com/fleetwoodstudio)

## 2022 Project: Bright Lights Nominees

- **Lana Wolcott** / Ibero American Action League. Inc
- **Lisa Marie Lyckland** / Artist
- **Courtney DeVoe** / Education and Disabilities Specialist/Early Head Start
- **Debbie Cummings Kupka** / Visitation Specialist – SPCC
- **Wendy Bender** / NYS-AIMH
- **Melissa Conners** / Home Visitor Program Supervisor/Healthy Families/BHSN
- **Meeghan Goralczyk** / Moriah Central School/School Psychologist
- **Bethany Williams, Meg Pheterson, Megin Insalaco, Amanda Koch, Andrea Piccone, Sally Espinosa, Chris Meagher, and Claire Haggerty** / Child Care Council, Inc. - Health and Social Emotional Wellness Department
- **Elana Marton and Co-Workers, Nancy, Patty, Katie, Rebecca, Kristin, Amanda, and Stephanie** / NYS Council on Children and Families
- **Antoinette Astuto** / Visitation Specialist
- **Amy Beale-Gleason** / LCSW-R
- **Bonnie Rubenstein, EdD** / Department Chair, Warner School- University of Rochester
- **Megan Byrne** and the practicum students in the Effie Bennett-Powe Child Development Center / SUNY Cobleskill
- **Valyn Reed** / WIC Supervisor-Nutritionist/SPCC
- **Sarah Kliman** / Family Trauma Intervention Program/SPCC
- **Leah Elliott** / SPCC Family Trauma Intervention Program
- **Rochester Childfirst Network Staff** / Rochester NY
- **Rebecca DelGiudice** /Infant Toddler Mental Health Consultant
- **Brenden Hobbs** /Society for the Protection and Care of Children
- **Laurisa Liquori** / SPCC Therapeutic Visitation Program
- **Yudelka Ramirez** /Family Peer Advocate / Child Center of New York
- **Deandre Samples** / Parent Coach/Power of Two
- **Melissa Benoit** /Family Resource Specialist-Herkimer County Healthy Families
- **RobinAnn McGonigle** / Mindful Parenting Matters LLC
- **Gisella Curioso-Vilchez** / Spanish/English SLP
- **Anowara Aman** / Mothers for Advocacy & Awareness (MAA)

**Seventeen additional nominees chose not to have their names published.**



Many thanks to our sponsors whose support of NYS-AIMH and dedication to Infant and Early Childhood Mental Health made this project possible. Additional thanks to the many nominations who gave in recognition of their nominees.

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# *Wegmans*



Gristmill Foundation



ZIPPY THE SNAIL



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